EPTI
L3 PT LAP GUIDANCE NOTES
Section D: Worksheet 1

EUROPEAN
PERSONAL TRAINING INSTITUTE

This LAP GUIDANCE should be followed to support you towards completing the L3 PT LAP (coursework).

All LAPS **MUST** be completed prior to your arrival on the practical course, so that we can concentrate on the practical learning and theory assessments.

See the LAP deadline schedule in the Facebook Group for when your LAPS must be completed by.

Download the Section D of the LAP from the Members Area onto your computer and save it, **replacing _student name_ L3 PT LAP with _*your name*_L3 PT LAP as the name of the file.**

Edit the LAP using Adobe Reader only, other applications can cause the PDF to corrupt or not print correctly. Adobe Reader is free to download (see course overview email for link).
When you have completed the whole LAP section, email the completed PDF LAP to your tutor.

General Note:
For all LAPs —> Please try to make your answers fit within the boxes provided in the LAP so that a '+' is not displayed.
Answer all boxes; "none" or "N/A" is **NOT** a valid answer.

Page Number	Notes:
26-27	**Worksheet - Unit 3 of Manual (pg. 121-184)**
26-27	- complete all questions and email the LAP to your tutor when you have finished. When this section has been signed off by your tutor, the online part of the LAP is complete. *NB - This is a level 3 certificate so you must answer the questions concisely yet thoroughly.*